

# PASSPORT

To Million Dollar Health



**EAT FRUITS & VEGETABLES  
AND BE ACTIVE**



## Look for the “Passport to Million Dollar Health” posters to play an exciting game!

Simply go to the booths that have the “Passport to Million Dollar Health” poster and answer questions about colorful and tasty fruits and vegetables and fun physical activity. When you answer correctly, the people at the booths will place a stamp on your game card. Once you get three answers and stamps, bring your passport to the *California 5 a Day Campaign* booth to answer the final question and receive a special prize that you and your family will enjoy.

Remember, give yourself and those around you the gift of healthy living by choosing plenty of fruits, vegetables, and physical activity every day!





- ① How many cups of fruits and vegetables should you eat every day for good health?
- ② What are three things you can do to increase the amount of fruits and vegetables in your daily meals and snacks?
- ③ How many minutes of physical activity should you get every day for good health?
- ④ What are three things you can do to increase the amount of physical activity you get every day?

STAMP  
GOES  
HERE

STAMP  
GOES  
HERE

STAMP  
GOES  
HERE

STAMP  
GOES  
HERE

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